

Taeko: My name is Taeko. Thank you for participating in an interview today. Do you have about 20 minutes to discuss about your health improvement today?

Client: Sure, go ahead.

Taeko: Ok, there are agenda bubble sheet I shows you earlier, which subject would you like to talk about?

Client: About the diet.

Taeko: Diet, Ok. I like to start with your recent things you have in your mind about diet. Is there any area thinking about improve on?

Client: Well, I need general improvement in my diet.

Taeko: General. Such as? How would like to improve? What do you eat?

Client: Well, I would like to eat less.

Taeko: Less, less for you?

Client: I think that I eat too much.

Taeko: Ok. So, tell me what kind of diet you think it's healthy and not healthy?

Client: I think a vegetable are healthy, fruits are healthy with limited amount, proteins are healthy. I think that saturated fat is bad. And the sweets and carbohydrates are not good in large amounts.

Taeko: Okay. Humm. You told me that you feel like you are eating too much volume.

Client: That's correct.

Taeko: When do you feel this? Every time you eat?

Client: Most of the time I eat. Yes, I think I should cut down amount of the food.

Taeko: How often you eat daily?

Client: Well, four -five times at the most.

Taeko: What would be the too much volume for you? Is it one cup or two cups? How do you measure?

Client: I actually don't measure. My food., I just eat as long as I am a hungry and I stop eating.

Taeko: Hungry, Ok. What do you think make you eat less? What can you do about?

Client: Well, focus on eating less, to become mindful of how much I am eating, to schedule my meals, to prepare the food for the following day on the day before if I can.

Taeko: Ok. So, you feel that if you schedule and prepare the meal, and focus eating mindful that would help you less eating.

Client: That would help me eat less? Yes, I think that it would help me eat less.

Taeko: Are you doing these.... Do you eat mindfully, do you eat on a set schedule, do you prepare the meal day before, currently?

Client: Currently I don't. I need to make changes.

Taeko: Oh. Ok. Let me ask you, scale of 1 to 10, if 1 is not important at all, and 10 is the most important. Where would you be for your change to make eating less?

Client: Probably, about five.

Taeko: Five! It is middle.

Client: Yes.

Taeko: What can you do to make it more like seven or eight. To make it feel more important.

Client: Probably, focus on a problem and spend more time contemplating about it.

Taeko: So, focusing problem such as a need.

Client: Eating too much.

Taeko: Like a negative effect if you eat too much?

Client: Maybe I already know the negative effects. I may have to focus a little bit more or on a specific step like preparing my food, day before. Deciding how much I am going to eat before I start the meal. It's like that.

Taeko: So, you feel like if you have enough time to prepare, you eat less.

Client: I think so. Yes.

Taeko: Ok, so scale one to ten. If one is uncertain that I could not eat less, ten is I certain that I could eat less. Where the confident would be?

Client: Eight.

Taeko: Eight!

Client: Yes.

Taeko: Ok. So, you are very high.

Client: Yes.

Taeko: I think you know what you have to do and . Let me summarize. So, you feel that you know you have to eat less and if you eat less you be feel more healthier? And to do that you have to set the time, like the day before and to prepare the what you have to eat, how much you have to eat, then you can start changing eating healthy.

Client: yes. I think that sounds correct.

Taeko: Ok. Let's see. If you are interested, I have an idea for you to consider. Would you like to hear it?

Client: Yes, sure go ahead.

Taeko: So, maybe you are busy. You have a busy lifestyle. It is hard to find the time to prepare for it. Maybe you can set an alarm clock on your cell phone and reminds you to prepare. What do you think about this.

Client: That's a... I could try that.

Taeko: Ok. Thank you for having an interview with me today. I am confident that when you make a firm decision and commitment, you will find the way to do it.

Client: Thank you.

Taeko: Thank you.